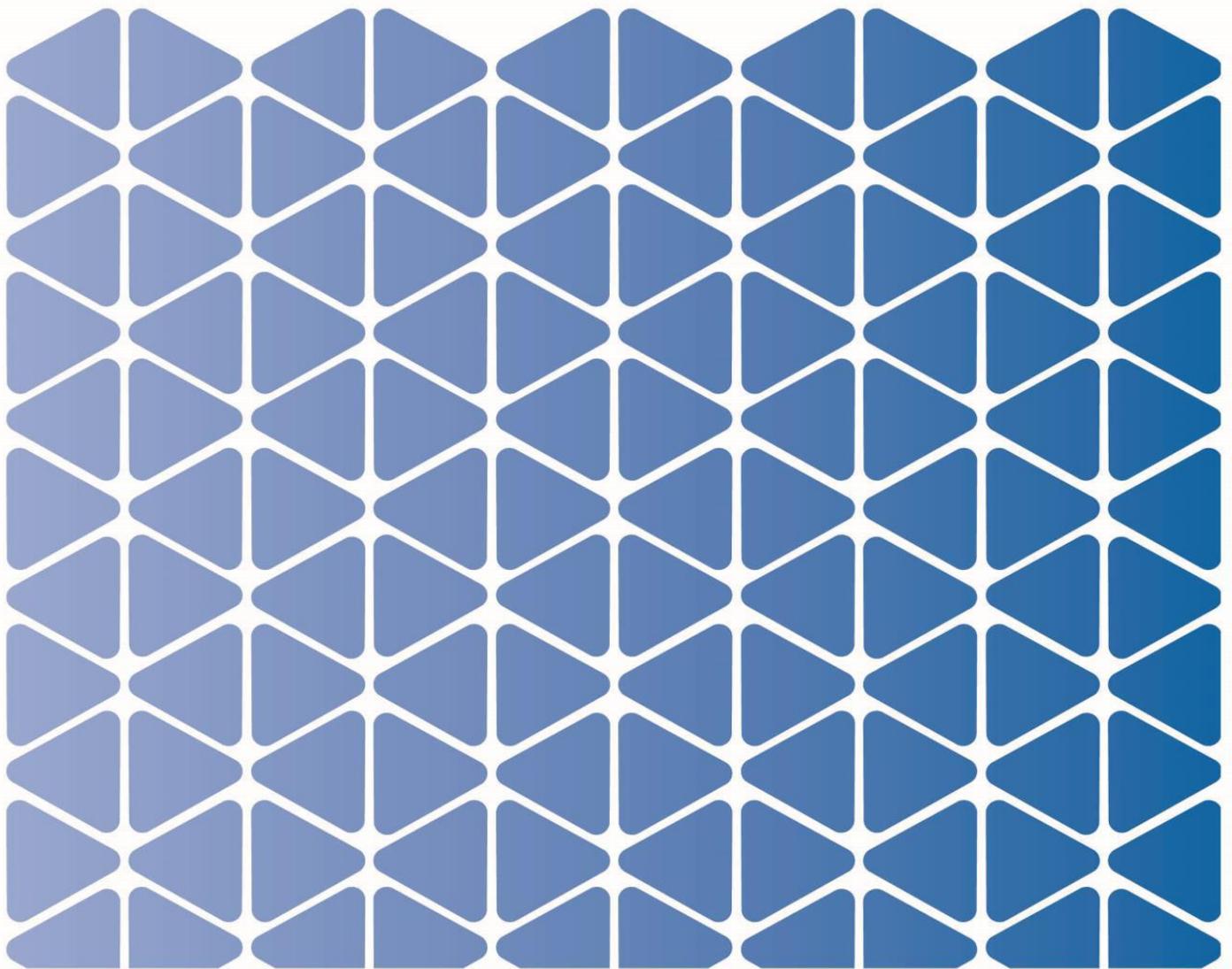




Worcestershire
Acute Hospitals
NHS Trust

PATIENT INFORMATION

RADIOTHERAPY INFORMATION FOR TREATMENT FOR BONE PAIN



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Worcestershire Oncology Centre

Improving cancer services in Worcestershire

Introduction

This leaflet will explain the possible side effects which may develop when receiving radiotherapy treatment for bone pain.

Radiotherapy treatment for bone pain is usually between one and five treatments spread over one week.

The purpose of the treatment is to help strengthen the bone and reduce any pain you may be having, although sometimes this may get worse before you see an improvement.

Side effects

The side effects of treatment will depend on the area being treated and the total dose delivered. Your oncologist or a member of the team will be able to give you specific information but below are some general points.

- **Pain.** If the area has been painful the radiotherapy treatment can sometimes make the pain worse before it improves. Please continue to take any regular pain medication you may be on and bring a list of current medications when you come for the treatment planning session.
- **Tiredness.** If you feel tired, try to rest as much as you can. Research has found that gentle exercise such as a short daily walk may help the symptoms of tiredness and fatigue. However, this will also depend on your mobility and general health.
- **Skin reaction.** The treatment may give you a skin reaction in the treatment area; this will again depend on the total dose you receive. Your skin reaction may not develop until after the treatment has finished. It may become pink, hot or dry and possibly itchy.

You may find it helpful to use a moisturising cream on the skin in your treatment area. There is no specific cream recommended but if you speak to your radiographers they will be able to advise you.

Apply the cream often and thinly but not just before coming for radiotherapy.

If the skin feels irritated or starts to peel or blister speak to your treatment radiographers for further advice.

If you have any questions or concerns, please speak to your treatment radiographers and they will be able to advise you.

The treatment does **not** make you radioactive. Once the machine has been switched off there is no radiation present. You will not be radioactive and are safe to be near pregnant people and children.

After treatment:

The side effects from the treatment may continue for a couple of weeks after the treatment has finished.

If you develop new symptoms after your treatment is over, or you are concerned that any side effects are not clearing up, you can contact the Macmillan Review Radiographer on 01905 761420, the Acute Oncology Service on 01905 760158 or make an appointment to see your GP.

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.